



## What foods are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



## How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the table below.

Note: Click on the top row to expand the table. If you are on a mobile device, you may need to turn your phone to see the full table.

DAILY FRUIT TABLE		
DAILY RECOMMENDATION*		
Children	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
Girls	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
Boys	9-13 years old	1 ½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups

DAILY FRUIT TABLE <span style="float: right;">-</span>		
DAILY RECOMMENDATION*		
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

## What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group. This table below shows specific amounts that count as 1 cup of fruit (in some cases equivalents for ½ cup are also shown) towards your daily recommended intake.

Note: Click on the top row to expand the table. If you are on a mobile device, you may need to turn your phone to see the full table.

Swipe to see the full table. false

CUP OF FRUIT TABLE <span style="float: right;">-</span>		
AMOUNT THAT COUNTS AS 1 CUP OF FRUIT		OTHER AMOUNTS (COUNT AS 1/2 CUP OF FRUIT UNLESS NOTED)
Apple	½ large (3 ¼" diameter) 1 small (2 ¼" diameter) 1 cup, sliced or chopped, raw or cooked	½ cup, sliced or chopped, raw or cooked
Applesauce	1 cup	1 snack container (4oz)
Banana	1 cup, sliced 1 large (8" to 9" long)	1 small (less than 6" long)
Cantaloupe	1 cup, diced or melon balls	1 medium wedge (1/8 of a med. melon)

## CUP OF FRUIT TABLE



AMOUNT THAT COUNTS AS 1 CUP OF FRUIT		OTHER AMOUNTS (COUNT AS 1/2 CUP OF FRUIT UNLESS NOTED)
Grapes	1 cup, whole or cut-up 32 seedless grapes	16 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup, sections	½ medium (4" diameter)
Mixed fruit (fruit cocktail)	1 cup, diced or sliced, raw or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Orange	1 large (3 1/16" diameter) 1 cup, sections	1 small (2 3/8" diameter)
Orange, mandarin	1 cup, canned, drained	
Peach	1 large (2 3/4" diameter) 1 cup, sliced or diced, raw, cooked, or canned, drained 2 halves, canned	1 small (2" diameter) 1 snack container (4 oz) drained = 3/8 cup
Pear	1 medium pear (2 ½ per lb) 1 cup, sliced or diced, raw cooked, or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Pineapple	1 cup, chunks, sliced or crushed, raw, cooked or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Plum	1 cup, sliced raw or cooked 3 medium or 2 large plums	1 large plum

## CUP OF FRUIT TABLE ■

AMOUNT THAT COUNTS AS 1 CUP OF FRUIT		OTHER AMOUNTS (COUNT AS 1/2 CUP OF FRUIT UNLESS NOTED)
Strawberries	About 8 large berries 1 cup, whole, halved, or sliced, fresh or frozen	½ cup whole, halved, or sliced
Watermelon	1 small (1" thick) 1 cup, diced or balls	6 melon balls
Dried fruit (raisins, prunes, apricots, etc.)	½ cup dried fruit	¼ cup dried fruit or 1 small box raisins (1 ½ oz)
100% fruit juice (orange, apple, grape, grapefruit, etc.)	1 cup	½ cup

Last Updated: Apr 5, 2017